

**IN THE CLAIMS:**

This listing of claims will replace all prior versions and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) An exercise device, wherein said device is capable of being assembled to a bed and comprising:

a base unit, said base unit not attached to a bed, wherein a first portion of said base unit is adapted to be positioned underneath a mattress of said bed, and a second portion of said base unit is adapted to abut an end of said mattress;

a top-side unit, said top-side unit not attached to said bed, wherein a first portion of said top-side unit is adapted to be positioned to rest on a surface of said mattress, said first portion of said top-side unit comprising two members perpendicularly coupled to two sides of said second portion of said top-side unit, said first portion of said top-side unit being positioned parallel to said first portion of said base unit, and wherein a second portion of said top-side unit is attached to said second portion of said base unit, said base unit and said top-side unit together adapted to be adjustably fixed to said mattress; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit;

wherein said first pedal portion is adapted to be utilized with hands or feet.

2. (Previously Presented) The exercise device of Claim 1, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving end located on said top-side unit;

wherein said first and second pedal portions are adapted to be utilized simultaneously with hands and feet.

3. (Previously Presented) The exercise device of Claim 2, wherein a housing encloses said first and second receiving ends located on said top-side unit, and said housing extends orthogonally from said first portion of said top-side unit.

4. (Previously Presented) The exercise device of Claim 1, wherein said base unit is a hollow steel frame, and said first portion of said base unit is orthogonal to said second portion of said base unit.

5. (Previously Presented) The exercise device of Claim 4, wherein said top-side unit is a hollow steel frame, and said first portion of said top-side unit is orthogonal to said second portion of said top-side unit.

6. (Previously Presented) The exercise device of Claim 5, wherein said second portion of said top-side unit is a male hollow frame insertable into said second portion of said base unit, wherein said second portion of said base unit is a female hollow frame.

7. (Previously Presented) The exercise device of Claim 1, wherein said first pedal portion is connected to said first receiving end by a plurality of telescopic slidable shafts.

8. (Previously Presented) The exercise device of Claim 1, wherein said end of said mattress that said second portion of said base unit is adapted to abut is a foot end of said mattress.

9. (Currently Amended) A bicycle, comprising:

an anchoring base unit comprising a frame portion and at least two base unit attachment[s] sections, said base unit not attached to a bed, said frame portion being stabilized by being adapted to be positioned beneath a bed mattress and said at least two base unit attachment[s] sections being ~~orthogonal~~ perpendicular to said frame portion and being adapted to abut an end of said bed mattress;

a top-side unit comprising a support portion and at least two top-side unit connecting sections, said top-side unit not attached to said bed, said support portion being adapted to rest on a surface of said bed mattress, said frame portion being positioned parallel to said support portion, and said at least two top-side connecting sections being capable of attaching perpendicularly to said at least two base unit attachment[s] sections, said anchoring base unit and said top-side unit together adapted to be adjustably fixed to said mattress;

a mounted housing, perpendicularly extending from said support portion of said top-side unit, comprising a receiving feature; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said pedal portion to said receiving feature.

10. (Currently Amended) The bicycle of Claim 9, wherein said at least two base unit attachment sections are adapted to abut a foot end of said bed mattress.

11. (Previously Presented) The bicycle of Claim 9, wherein said first pedal portion is connected to said first receiving feature by a plurality of telescopic slidable shafts.

12. (Currently Amended) The bicycle of Claim 9, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving feature located within said mounted housing; wherein said first pedal portion and said second pedal portion are adapted to be utilized to perform bicycle-like exercises with hands and/or feet, or simultaneously with their hands and feet.

13. (Previously Presented) The bicycle of Claim 12, wherein said first pedal portion is connected to said first receiving feature by a first plurality of telescopic slidable shafts.

14. (Previously Presented) The bicycle of Claim 13, wherein said second pedal portion is connected to said second receiving feature by a second plurality of telescopic slidable shafts.

15. (Currently Amended) An exercise device for use by bed-ridden users, comprising:  
a base unit, said base unit not attached to a bed, wherein a first portion of said base unit is positioned underneath a user support, and a second portion of said base unit abuts an end of said user support;

a top-side unit, said top-side unit not attached to said bed, wherein a first portion of said top-side unit is adapted to rest on a surface of said user support, said first portion of said top-side unit comprising two members perpendicularly coupled to two sides of said second portion of said top-side unit, said first portion of said top-side unit being positioned parallel to said first portion of said base unit, and wherein a second portion of said top-side unit is attached to said second portion of said base unit, said base unit and said top-side unit together adapted to be adjustably fixed to said mattress; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit;

wherein said first pedal portion is adapted to perform bicycle-like exercises with hands or feet.

16. (Canceled)

17. (Canceled)

18. (Previously Presented) The exercise device of Claim 15, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving end located on said top-side unit;

wherein said first and second pedal portions are adapted to be utilized to perform exercises simultaneously with hands and feet.